

# Zvamunofanira kuziva pamusoro pechirwere cheMalaria kana muchinge makazvitakura

- Madzimai akazvitakura anokurudzirwa kushandisa mafuta ekuzora kana kupisa muti unodzinga umhutu.

## Kurapwa kwechirwere chemalaria kumadzimai akazvitakura

- Kana madzimai akazvitakura aine zviratidzo zvemalaria anokurudzirwa kushanyira kiriniki kana chipatara chiri pedyo kuti vaongororwe chirwere ichi pamwechete nekurapwa.
- Kana mwana asati ave kutamba mudumbu, madzimai akazvitakura anenge achirwara nemalaria anorapwa nemapiritsi anonzi 'Quinine'. Mapiritsi aya anowanikwa kumakiriniki arimunzvimbo dzose dzine malaria.
- Kana mwana achinge ave kutamba mudumbu, madzimai akazvitakura anogona kurapwa nemapiritsi anonzi Coartemether.

Madzimai ose akazvitakura anokurudzirwa kuenda kunoongororwa malaria nekurapwa kana vaona zviratidzo zvemalaria pasati papera maawa makumi maviri nemana.

## Chirwere chemalaria kumadzimai akazvitakura uye aine hutachiona hwe HIV.

Madzimai akazvitakura uye aine hutachiwana hwe HIV anofanira kuzvidzivirira chirwere chemalaria zvakanyanya. Madzimai aya akabatwa nemalaria inosvika pachinhando chakaipisia nenguva pfupipfupi zvingangokonzerza kufa kwemwana ari mudumbu kana kwaamai.

Madzimai akazvitakura ane hutachiona hwe HIV uye vachinwa mapiritsi e cotrimoxazole, hafanire kupiwa mapiritsi ekudzivirira malaria (SP).

**YEUKAI!** Malaria inogona kuuraya; shanyirai kiriniki kana chipatara chiri pedyo nemu kuti mupiwe mazano ekuzvidzivirira chirwere chemalaria kana muchinge makazvitakura.

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### **Chirwere chemalaria panguva yekuzvitakura**

Kuzvitakura kunoderedza simba remasoja anorwisa zvirwere mumuviri, nekudaro madzimai akazvitakura ane mukana mukuru wekubatwa nechirwere chemalaria kudarika veruzhinji vose. Malaria inokanganisa kukura kwemwana arimudumbu kana kuuraya amai vanenge vakazvitakura. MuZimbabwe, chirwere chemalaria chiri panzvimbo yechishanu pazvirwere zvinokonzeru rufu kumadzimai akazvitakura .

### **Chii chinonzi malaria?**

Malaria chirwere chinokonzerwa nekurumwa nemosikito ineutachiona hwemalaria. Munhu wese anogara munzvimbosine malaria anokwanisa kurwara nemalaria; asi madzimai anepamuviri; vana varipasi pemakore mashanu, vanhu vakwegura nevanhu vanorarama ne HIV ne AIDS ndivo vari panjodzi huru yekubatwa nechirwere ichi.

### **Zviratidzo zvemalaria**

- Kupisa muviri
- Kutemwa nemusoro
- Kunzwa kupindwa nechando nekubvunda zvakanyanya kozotevera kunzwa kupiswa nekudikitira zvakanyanya
- Kupera simba mumuviri
- Kunzwa kuda kurutsa, kurutsa nemanyoka .

Kunyange zvakadaro madzimai akazvitakura anogona kubatwa nechirwere chemalaria, asi asingataridzi zviratidzo izvi. Mudzimai akazvitakura anogona kuratidza kuti anemalaria nekushanduka kweruvara rwemaziso kuita yellow (jaundice). Dzimwe nguva madzimai akazvitakura anogona kusapisa muviri zvachose, kupisa zvishoma kana kupisa muviri zvakanyanya. Dzimwe nguva vanogona kungonzwa kuneta nekupera simba zvakanyanya zvisingaenderane nebasra ravanenge vaita.

Madzimai akazvitakura anowanzobatwa nemalaria inokanganisa pfungwa (cerebral malaria), nekudaro mudzimai anemalaria anokwanisa kurasika njere kana kugwinha muviri semunhu anepfari (tsviyo).

### **Chirwere chemalaria chinogona kukonzeru zvinotevera kumadzimai akazvitakura:**

- Kushomeka kweropa kwakanyanya. Muropa mune anonzi pachirungu ma 'red blood cells' anova ndiwo anotakura mwuya watinofema uchienda kunhengo dzose dzemuviri. Utachiona hwemalaria hunouraya ma 'red blood cells' aya zvinoita kuti ropa riite shoma mumuviri. Izvi zvinoitika kumunhu wese anenge abatwa nemalaria, asi dambudzikiro iri rinonyanya kubata kumadzimai akazvitakura. Kushomeka kweropa kwakanyanya kunogona kuve chiratidzo chega chemalaria kumadzimai akazvitakura anogara munzvimbosine malaria yakanyanya.
- Kubva pamuviri
- Kusununguka nguva isati yakwana
- Kusununguka mwana akafa
- Kusakura zvakana kwemwana anenge ari mudumbu zvinokonzeru kusununguka mwana anehuremu huripasipasi pehunotarisirwa.
- Mai vanokwanisa kurasikirwa neropa rakanyanya pakusununguka
- Kushomeka kweropa kwakanyanya kunogona kukonzeru chirwere chemwoyo
- Kufa kwamai.

### **Kudzivirirwa kwechirwere chemalaria panguva yekuzvitakura**

- Kutora mapiritsi anodzivirira chirwere chemalaria (Intermittent Preventive Treatment-IPTp)
  - Madzimai ose akazvitakura anogara munzvimbosine dzinonyanyo pararira chirwere chemalaria anofanira kupiwa mapiritsi anonzi Sulphadoxine Pyrimethamine(SP) katatu panguva yaanenge akazvitakura.
  - Mushonga we SP unopiwa kana mudzimai anenge akazvitakura atanga kunzwa kutamba kwemwana mudumbu.
- Madzimai akazvitakura anogara munzvimbosine dzine malaria vanofanira kushandisa maneti ane mushonga unouraya humhutu (Long Lasting Nets) mazuva ose zvisinei nekuti tiri mumwaka upi.